

Volume 27, No. 1, January 1995

CAROLINA COUNTRY

Official publication of Carolina Electric Cooperatives

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Growing Grapes in N.C.
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"We're so positive that Roach Kill will kill every last roach in your house that we'll send you a free gift just for trying it."

"ROACHES!

I HAD THEM BY THE HUNDREDS, BUT NOW I DON'T HAVE A SINGLE ROACH"

(By J. Robson)

Have you ever seen a roach run out of a bowl as you were about to put food in it? Well, I have. Just turn out the lights and an army of roaches would attack the whole house.

I had tried smelly sprays and other insecticides to get rid of them. But they just kept coming back. Nothing worked for very long, but then...

A friend told me about an amazing powder, Roach Kill, that killed all her roaches. I tried it, and it worked like a miracle. It killed them all for good. Now I don't have a single roach.

Roach Kill is an odorless, white powder. Roach Kill is applied in seconds from a squeeze bottle behind appliances.

The secret is in the fact that it's odorless. Roaches can't smell it, so they don't avoid it like they avoid smelly spray insecticides. Instead, they walk right over it. They pick up a little bit on their legs and carry it back to their hidden nests in the walls. There, it wipes out the whole colony that breeds new roaches.

It keeps right on working even months after one, and only one, treatment.

Roach Kill is so incredibly effective it has a double-your-money-back guarantee. Roach Kill is guaranteed to wipe out every roach in the house or apartment with one treatment, or we'll send the customer double his money back.

All a customer has to do is return the empty bottle to us with a note that he saw even one single roach after trying it according to the simple directions.

To order a bottle, just return this notice with your name and address and a check for \$7.99 plus \$2.00 shipping and handling, and we will send you a bottle of Roach Kill. Or, for only \$9.99 plus \$2.00 shipping and handling, you can get a large, economy-size bottle big enough to treat your whole house, including your garage and basement.

Send your check with your name and address to: **FC&A, Dept. VKB-1**, 103 Clover Green, Peachtree City, GA 30269.

You get a no-time-limit guarantee of satisfaction or double your money back.

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IMPORTANT — FREE GIFT OFFER EXPIRES MARCH 1, 1995

All orders mailed by March 1, 1995, will receive a free gift, **guaranteed**. Order right away!

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"We're so positive that Rapid Relief Cream will relieve your pain that we'll send you a free gift just for trying it."

ARTHRITIS PAIN!

"I HAD ARTHRITIS PAIN SO BAD I COULD HARDLY USE MY HANDS. BUT NOW THE PAIN IS BLESSEDLY RELIEVED."

(By Jacquelyn Robson)

Have you ever been almost crippled by arthritis pain in your hands? Well I have. The pain and stiffness was so bad I could hardly use my hands.

I had tried all sorts of pain remedies that never gave me the relief I needed, but then...

A friend brought me a jar of Rapid Relief Cream, I tried it and it worked like a miracle. Now the pain is relieved and I can use my hands again.

Rapid Relief Cream comes in a beautiful white jar. Just rub it on sore areas like cold cream. But there the resemblance ends because Rapid Relief Cream starts working instantly to bring relief in minutes. Many extraordinary reports from customers tell us that Rapid Relief Cream relieves arthritis and lower back pain and muscle pain in less than a minute.

Rapid Relief Cream is so incredibly effective that it has an unlimited guarantee. It's guaranteed to give fast relief for your pain. If even a twinge of pain is not relieved soon after application, all a customer has to do is return the jar to us and we'll send the customer his money back.

To order, just return this notice with your name and address and a check for \$7.99 plus \$2.00 shipping and handling, and we'll send you a jar of Rapid Relief Cream.

Save! Return this notice with \$14.99 plus \$2.00 for two jars.

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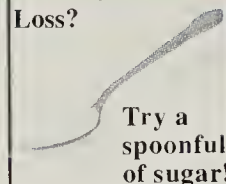
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Memory Loss?



Try a spoonful of sugar!

High Blood Pressure?



Surprising benefit of grapefruit!

Hiccups?



Massage your earlobes!

"1,001 Home Health Remedies"

(By Frank K. Wood)

FC&A, a Peachtree City, Georgia, publisher, announced today the release of a new 456-page book for the general public, **"1,001 Home Health Remedies."**

► Enjoy a stalk of this crunchy salad vegetable and you may help lower your blood pressure. This old Oriental remedy still works!

► Did you hear about the "health-farm diet" for arthritis? Folks who tried it got real relief from pain and lost weight, too!

► Sweet, small fruit that helps lower dangerous LDL cholesterol in just four weeks.

► Do you have stiff, achy joints? The good news is it might not be arthritis, but a common virus your doctor can treat!

► Backache? When bed rest can cause, not cure, it.

► A vitamin that may help ward off heart attacks! From research by the World Health Organization.

► Good news! Aspirin for arthritis is just as good as ibuprofen.

► Some asthma drugs do more harm than good: their names are in the book!

► Enjoying this tasty and popular nut can help cut your cholesterol by 20 points without medication! Documented at a cardiac research center in California.

► Do you suffer from lower back pain? You could be unloading your dishwasher the wrong way. Here's the right way.

► Help prevent cold sores on your lips with this common over-the-counter drug store item.

► Depression is not "all in your head!" Sometimes it's a gland problem that can be treated.

► Did you know headaches come in seven different forms? You will after you see the book of **"1,001 Home Health Remedies."** And there's a different home remedy for each of the seven!

► Discover the 16 ways to get rid of insomnia and get a good night's sleep — without taking sleeping pills.

► Senility from your kitchen? These six tips can help you avoid ingesting this metal through your food and water.

► Want to lose weight fast? Don't forget to eat this! It "can play a major role in weight loss," nutritionists have

found.

► Can one simple mineral double your chances of surviving a heart attack? Maybe yes, doctors say — and it could save thousands of lives each year!

► Hemorrhoid relief — without embarrassing doctor visits, without surgery, without smelly drug store preparations.

► Women who take this vitamin supplement have 36 percent lower risk of heart attack. This is from a study reported by a major health organization.

► Do you sometimes feel short of breath? Many people do. A new report in the **British Medical Journal** says you'll breathe much easier by doing this easy exercise with an ordinary balloon!

► This dietary supplement boosts the immunity of elderly adults.

► How to control embarrassing bladder leaks. From this university medical center.

► Researchers tried a certain mineral on patients with Chronic Fatigue Syndrome. The results? These tired patients reported improved energy levels, a better emotional state and less pain!

► There's a new report on "water pills;" check the book to make sure your current dose is still right for you.

► Pesky cough? If you have high blood pressure, your cough could be **caused** by medicine!

Learn all these natural healing secrets. Book includes over 1,001 ways to perfect health. To order a copy, just return this notice with your name and address and a check for \$7.99 plus \$2.00 shipping and handling to our address: **FC&A, Dept. GKB-1**, 103 Clover Green, Peachtree City, GA 30269. We will send you a copy of **"1,001 Home Health Remedies."**

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All orders mailed by March 1, 1995 will receive a free gift, **"Healthy Meals for Quick, Natural Weight Loss," guaranteed**. Order right away

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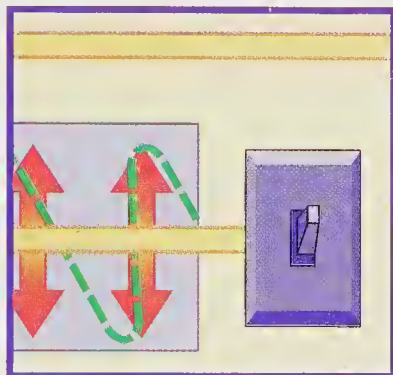


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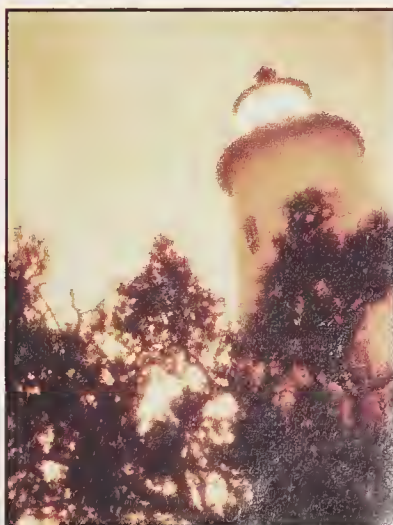
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On the Cover

The Ocracoke Island lighthouse, powered by Tideland Electric Membership Corporation, is one of six North Carolina lighthouses photographed in a new, fine art series by Raleigh-based photographers Todd McLeod and Charles Register. Inset are the Currituck Beach and Bodie Island lights. See "The Lighthouse Project" on page 11.

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Anticipating the 1995 legislative sessions

By James Lee Burney

Looking toward new sessions convening in Congress and the state General Assembly, we in government relations are prepared to work on behalf of North Carolina's electric cooperatives and their communities.

We find ourselves on a very different political stage than where we worked a year ago. The Democratic Clinton Administration faces a Congress controlled in both houses by action-oriented Republicans. The Democratic administration of Gov. Jim Hunt faces a General Assembly in which Senate Democrats on Nov. 7 retained a slim 26-24 majority and Republicans took control of the House with a 68-52 majority.

A striking feature of this stage is the number of new players. More than half the 104th Congress is composed of members who have served four years or fewer. In the General Assembly, each house saw a 36 percent turnover of new faces in the Nov. 7 election.

Many new legislators know little about the long, proud history of electric cooperatives. Consequently, they don't necessarily bring pre-conceived notions of how we operate. New legislators and their staffs often are very eager to learn about us and our cooperative principles, our community involvement and development activities. They also are interested in the number of people we serve. They know that the 1.6 million people served by Carolina Electric Cooperatives collectively command respect.

Educating new legislators and staffs about our mission also gives us an opportunity to re-examine and refresh our approach. It can be exciting to deal with new people.

The 104th Congress will consider a 1995 Farm Bill, a water resources bill, a budget bill and others that affect our co-ops and communities. Although many representatives are relatively new, the leaders

of committees that usually affect us include many long-time supporters of electric cooperatives.

In the Senate, we expect support from Sen. Richard Lugar (R-Ind.), new chairman of the Agriculture Committee, as well as from ranking members Robert Dole of Kansas and Thad Cochran of Mississippi. In general, there is a good core of support on this crucial panel, including among Democrats. Likewise on Senate Appropriations, we can count on chairman Mark Hatfield (R-Ore.), and at Energy and Natural Resources we have a supporter in chairman Frank Murkowski (R-Ark).

In the House, the top two members of the Agriculture Committee understand our issues, Pat Roberts of Kansas and Bill Emerson of Missouri. On Banking, chairman Jim Leach of Iowa knows us well, too.

North Carolina's voters returned steadfast co-op supporters to Congress: Charlie Rose, Cass Ballenger, Charles Taylor, Mel Watt, Eva Clayton and Howard Coble. Of the newly elected Republicans, we expect Walter Jones Jr. in the 3rd District and Richard Burr in the 5th to be understanding of our positions. Jones and Burr also know that their districts together include over 190,000 households served by electric cooperatives.

Forecasting action in the N.C. Carolina General Assembly is difficult. Partisan stances between the two houses could bring Washington-style gridlock to the Tar Heel State. We do expect the legislature to allow a statewide vote on granting veto authority to the governor for the first time, and we'll probably see attempts to revise the tax code. Cutting taxes and the state budget at the same time—a goal of the state's GOP—could be tough, however, given that our current operating budget is considerably less than that of a year ago. But we may see some reforms in government spending policies.

As always, our government relations staff and the work of the statewide Rural

Electric Action Program (REAP) in our co-op areas will be alert to activity affecting the electric co-op business, such as changes in the fuel adjustment clause and attempts by big industry to choose their own electrical supplier.

Vigilance, in fact, is a major part of our work. Working for the North Carolina Association of Electric Cooperatives, legislative specialist Chris Heagarty and I stay in touch with the people, agencies and issues that influence or soon may influence our members. We also have the excellent service of George Teague and "Chip" Killian of Moore & Van Allen assisting in representing our interests at state government.

And most important is the support and advocacy we have among the co-op managers, directors and staff who, as members of REAP and the national Action Committee for Rural Electrification (ACRE), let us and their government representatives know where they stand. Nothing illustrates this support better than when we walk into a legislator's office and are told, "Oh yes, the folks back home talked to me about this."

We know from experience that we cannot take for granted the support of any government official or agency. Just because a legislator hails from a rural area served by a co-op, or because we see a friendly nod in our direction, does not mean we can count that vote and go on to the next. We must stay aware and prepared to act.

In government relations, we have great pride in the electric cooperative network we represent and consider it a privilege to advance its programs. We know the cause is honest and in the best interest of North Carolina's communities.

I look forward to hearing from any of you as we enter this new political year.

James Lee Burney is manager of Government Relations for Carolina Electric Cooperatives.

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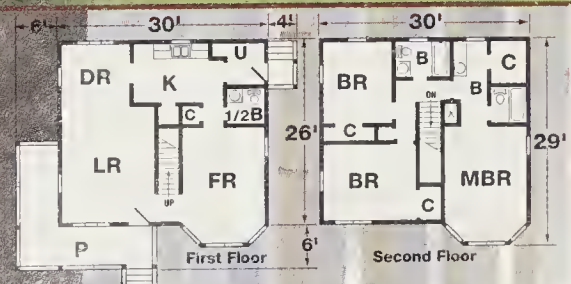
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My Money Log

or

The best time to begin your financial planning
is when you have some money

By Warren Dixon

Money management can be quite frustrating. If there is any at all of the former, there seems to be a total lack of the latter.

It always seems that if you have money, you also have an uncontrollable urge to blow it. In financial circles, especially on Wall Street, this is known as "burning a hole in your pocket." Or, as Jackie Mason once said, "I have enough money to last me the rest of my life unless I buy something."

Good financial planning is often nothing more than common sense. Basically, this means spending less than you make, unless of course, you are a government agency, then you can disregard this rule.

Most of us have received our W-2's, showing us how much we earned last year. This is always a revelation to see how much we made and how little of it we have left. If you have this problem, you probably need to learn the basics of cash flow management, which essentially means that what little cash you have manages to flow by faster than the Haw River at flood stage.

Any money management plan must begin with good record keeping. This along with good solid planning, cash flow management, protection of assets (known in the trade as covering your assets) and praying for a big win in the Virginia lottery, can bring you financial security.

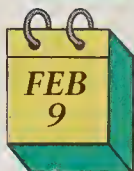
Most of my record keeping is based on the pile system, a convenient method which places all documents in the order in which they are received.

A financial diary is also an asset, especially when you can't remember where you piled your pile file. I have included here excerpts from my recently completed 1994 diary.

Warren Dixon manages in Randolph County.



Decide to set financial goals for New Year. Vow to win Publishers Clearing House Sweepstakes.



Fill out income tax return. (Albert Einstein said that "the hardest thing in the world to understand is income tax." I swear, he really said this.) Realize that we are due \$34.61 state tax refund.



Begin to plan how to spend tax refund.



Spend state tax refund.



Find tax return in glove compartment of car.



Initiate plan to save large sums of money. Wife has mentioned that she vaguely remembers the year we went to Wrightsville Beach on vacation. I can't remember that far back, but agree that our goal will be a weekend at Wrightsville Beach this summer. Our plan is to save all our change at end of the day and put it into a money jar.



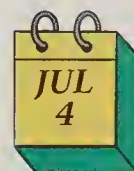
Raid money jar for snack.



Raid money jar for gas.



Finally receive \$34.61 state refund.



Car, having exceeded warranty by two days, falls apart. The various plastic Korean components finally went to car heaven.



Decide to spend vacation in local park.



Face reality that someone else has probably won Publishers Clearing House Sweepstakes. Begin Plan B: look under couch and car seats for loose change.



Federal Reserve lowers discount rate remarkably, to lowest in 27 years. Mortgage rates plummet.



In order to celebrate, I charge all Christmas presents on credit cards.



Receive notice from credit card companies that effective immediately interest rates will go from a modest 18 percent to a more reasonable 24 percent. They will continue to allow me to pay \$25 a year to retain this service, however.



Salesman informs me that if I need to purchase "nice" present for wife, such as yacht, there is now no federal luxury tax of 10 percent on those costing more than \$100,000. So overwhelmed with joy, I take entire contents of money jar and splurge on Mounds Bar.

The poster reads: "Where is Gunner! Large Reward, No Questions Asked! Wish to Buy Dog Back! Possibly Stolen by 2 People in a Red Pick-Up Trk. Off Concrete Works Road in Midway, N.C. Possibly Stolen to Sell at Auctions, Flea Markets, Pet Stores or Animal Labs . . .

We Love Him and Miss Him Dearly!"

Dogs don't just disappear

Glenda Walters and her husband have not seen Gunner, their 5-year-old, 120-pound Rhodesian Ridgeback, since July 7, 1994. The big dog was in their yard, as usual, roaming within the yard's electric fence. When the Walters called him to come into the house, as usual, Gunner did not respond.

Nothing was usual about Gunner's disappearance. That's why Glenda Walters believes someone stole the dog. She notified police and neighbors. Richard Swing at Davidson Electric Membership Corporation asked meter readers to stay on the lookout for the dog or suspicious activity.

After she advertised for information about the incident, Glenda learned plenty from other people in rural North Carolina and beyond about suspiciously lost dogs and other pets. In fact, a neighbor, Cathy Mendenhall, told Glenda that her big, female Alaskan malamute disappeared a few weeks later from the same area of Davidson County. Now, Glenda and Cathy have joined scores of others in northwestern North Carolina who are convinced that dogs are stolen routinely.

Law enforcement officials say dog theft is a problem, and that catching thieves is more of a problem.

"There are thefts and convictions," says deputy Rick Skeen, who works in animal control with the Davidson County Sheriff's Department. "But the reports and accusations sometimes come a week or two later. People think the animal wandered off and will return. So we don't have many leads. If we know something, we will follow up."

The animal welfare organization Action 81 in Virginia reports that North Carolina is a state with acute dog theft problems, and that the Virginia counties bordering northwestern North Carolina were especially hard hit last year.

After Glenda Walters and Cathy Mendenhall notified police and publicized their own suspicions in Davidson County, they



Sam Walters hasn't seen his dog, Gunner, since July 7.

heard stories similar to their own. Debbie Hampton and Gary Bailey in Lexington said their 2-year-old, purebred rottweiler was safely inside his kennel in the fall of 1993 when someone removed him. Police found the dog in Thomasville and arrested a suspect.

"We didn't think we had anything to worry about now, because he's very large and a lot more aggressive," Debbie says. "But we were wrong." The dog vanished, Debbie says, between 12:30 a.m. and 6 a.m. last Oct. 10. Searching far and wide has been unsuccessful.

"To some people he's just a dog," Debbie Hampton says. "But he's much more to us."

Glenda and Cathy also hear stories of lost dogs turning up for sale at flea markets and auctions on the Carolina coast and in the mountains. They hear of dogs sold to research labs and dog fighting rings. "You can imagine that people could make a pretty good living selling dogs," Glenda says.

Label your pet

Davidson County veterinarian Steven Haynes offers the new AVID microchip injection as a means of permanent pet identification. The \$30-\$35 procedure places a tiny computer chip under an animal's skin between the shoulder blades. It remains unnoticed by human or pet until someone waves an optical scanner over the skin. The scanner will read the ID number on the chip. Haynes plans to arrange for the scanner to be donated to the county pound where it can be used before animals are euthanized.

Practicing in the county 10 years, Haynes says he's heard stories of suspicious disappearance of dogs for several years. Both he and deputy Rick Skeen urge pet owners to place permanent identification on their animals.

Glenda Walters knows there is some risk in suspecting an underground black market on dogs, but she says, "We don't feel threatened. We feel that we are helping people."

For information about the theft problem and how to avert it:

- Action 81 Rte. 3, Box 6000, Berryville, VA 22611. (703) 300-1000
- In Defense of Animals. (800) 786-5367.

Glenda and Cathy hear stories of lost dogs turning up for sale at flea markets and auctions.

Before you read this story, take a minute to look around the room. What would it be like without electricity?

First of all, if you do your reading when most of us do, it's now dark outside. You wouldn't be able to see these pages without an electric light. Forget the evening's entertainment: There would be no TV or VCR, no radio, no cassette or CD player.

You'd be in bed already, but there would be no electric clock illuminating the time. You could only dry your hair or clothes naturally. You could only wash your dishes or clothes with soap, water and elbow grease. Microwaves? What are they?

Life as we know it would not be life as we know it without electricity. But for all the good it does, is electricity also harming us?

No one knows for sure.

Concern centers on electric and magnetic fields (EMF) that surround anything that has an electric charge — all electrical appliances, wiring in our homes and places of work, big and small power lines, and all living things. Yes, the molecules in our own bodies and in all living and non-living things are held together by electric and magnetic fields.

A growing number of research studies have looked at EMF and the possible effects on our health. Some of them suggest an association with cancer; similar studies show nothing. That's why no one knows anything for sure.

What is known is that whenever electricity is present, both electric and magnetic fields are produced. These fields vary depending on how close you are to the source, and the amount of current and voltage that is present.

Electric fields exist wherever voltage is present, such as when an appliance is plugged in, even if not turned on. Electric fields

The ABC's of EMF

By Nell Perry Bovender

are produced by voltage or electrical "pressure." They can be blocked or partially shielded. Magnetic fields are present only when current is flowing, such as when an appliance is turned on. Magnetic fields are created by the current, or flow of electricity. They can pass through most objects.

After years of scientific study, researchers agree that electric fields pose no adverse health effects. Today's research focuses on magnetic fields.

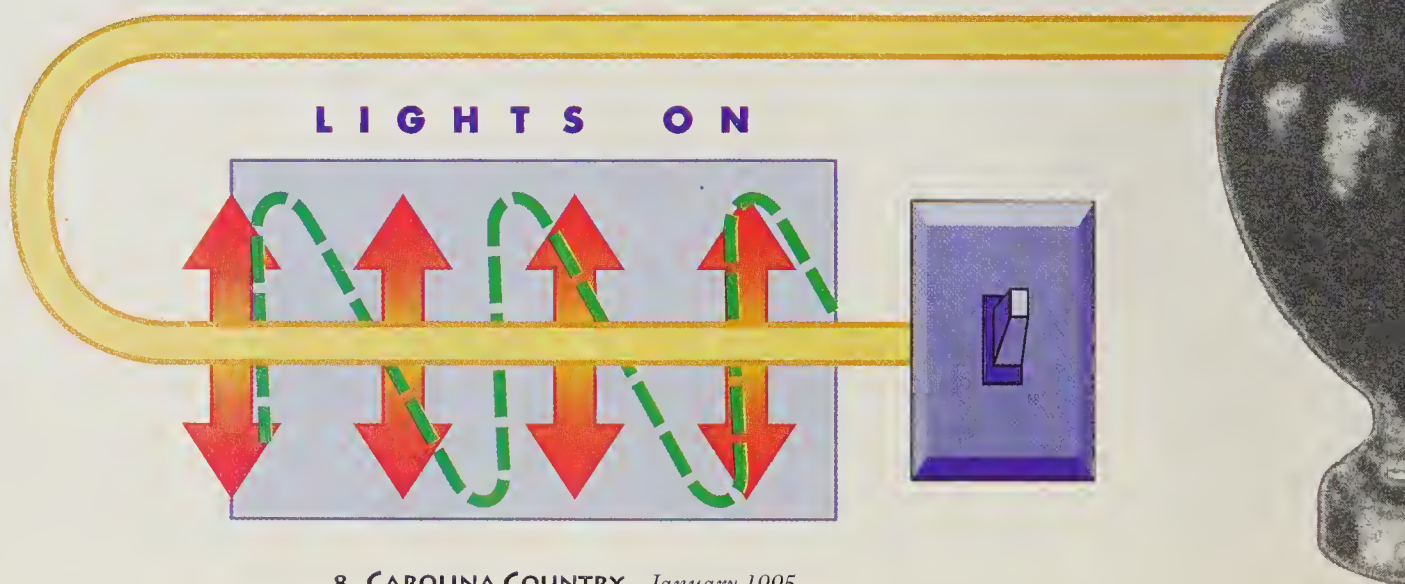
A variety of experiments have shown that even fairly weak fields can cause changes in how a cell operates. Studies of people exposed to fairly strong fields have reported effects on heart rate and reaction time, with some people responding more than others. Some effects seem more pronounced when the fields are turned on and off repeatedly. Studies of people sleeping with electric blankets report changes in the level of melatonin, a hormone that affects skin tone.

All are interesting biological changes, but it is not clear if they have significant implications for people's health. When we walk into a darker room after

being outside, our pupils enlarge. That's a biological change in reaction to the environment, for example, but it isn't harmful.

It is unclear whether brief, high-level fields from appliances such as hair dryers have more impact than continuous, low-level fields from power lines, wiring or other sources.

Magnetic fields are created when electricity is being used.



The Business of ELECTRIC COOPERATIVES

David Savitz, a professor of epidemiology in the School of Public Health at the University of North Carolina at Chapel Hill, is currently involved in a research study of electric utility workers and electromagnetic fields.

"We can't say 'Don't worry,'" he said in a recent interview. "That's not doing justice to the existing research. There are reasons for concern. But at the other end of the spectrum, how much concern? What is an adverse level? We can't set limits; we can't give clear recommendations. We have no firm scientific basis."

He subscribes to the popular solution of prudent avoidance or, as he put it, in the face of uncertainty, make simple changes: move the clock from the head of the bed, heat the bed with the electric blanket then unplug it, stand away from electrical appliances when they are operating.

"A rational person might choose to do nothing about EMFs," he said. "That's not an unreasonable response. It's not like tobacco. In the face of all the evidence about smoking, a rational person would choose to do something. Nobody would argue that moving a house away from electric lines is warranted."

Diet is a classic comparison, Savitz said. "We know that certain chemicals form on charcoal-broiled foods. We know that a high-fat diet is not good for us. But most people have not become fanatics and quit eating red meat. Most have cut back a bit. We balance the risk and benefits. It's a shift of thought, nothing drastic."

Dan Vandermeer of the National Institute of Environmental Health Sciences in Research Triangle Park is 18 months into the nation's first long-term study on the effects of EMF exposure on laboratory animals. The five-year, \$65 million study was funded by the Department of Energy with strong backing from the electric industry, including con-

tributions by North Carolina's electric cooperatives.

The study is looking at the general health of animals exposed to magnetic fields generated by 60 hertz electrical power, the standard current generated in the United States, Vandermeer said. It has also studied their offspring.

The final data is expected late in 1996 or 1997, he said, but the reproductive part of the study is completed. "We found no adverse effects on offspring. But that result is in conflict with a Scandinavian study that just came out." The Scandinavian study found some structural birth defects in the offspring of its lab animals. That study is using 50 hertz current — Europe's standard current.

Why the difference? That's what has stumped scientists all along.

Similar studies continue to come up with dissimilar results. One problem is the number of variables involved in EMF, Vandermeer said. Part of the NIEHS study is looking at the effects of 17 different physical components of EMF — individually and in combination with one another—on normal biological processes in cells to try and pinpoint which component of EMF might be detrimental.

"Is it the strength of the field? The intermittent exposure? Continuous exposure? We'll try to answer those questions," Vandermeer said.

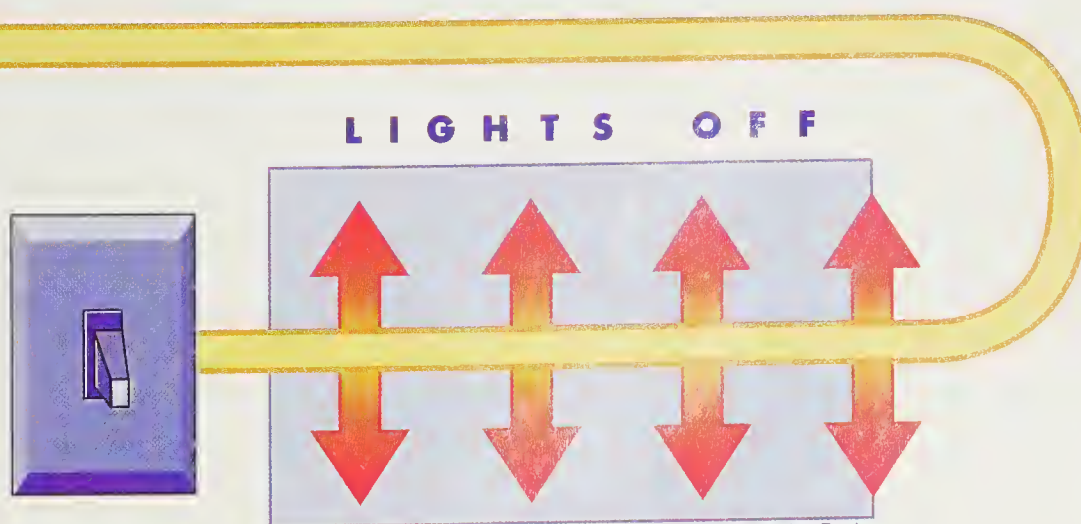
North Carolina's electric cooperatives are committed to keeping their consumer-members informed about the EMF issue.

Tideland Electric in Pantego, for example, periodically devotes its newsletter to the issue and invites members to set up community meetings so co-op staff can come in and discuss it, said Heidi Smith, member services specialist at Tideland.

"We make sure members receive a complete analysis of the issue. We don't just report the newest findings," Smith said. "Our message is 'We're providing you with a broad base of information so you can form your own opinion.' If we don't know the answers, we say we don't know the answers."

Tideland does not offer EMF testing, she said, because "once the readings are made, we have nothing to recommend. We can't say these are good levels or bad levels. There is no guideline, no idea of what a good, safe limit would be. Scientists aren't even sure reducing exposure is the answer."

*North
Carolina's
electric
cooperatives
have helped
fund a
five-year,
federal
study of
EMF.*



Graphic by Katherine Fowler

Electric fields exist where there is electricity, even when appliances are turned off.

Blue Ridge Electric, headquartered in Lenoir, views EMF testing in another light, said Gwynita Steele, its member services manager. "We use the measurements to show members how fields drop off with distance. A reading may be high close to an appliance then quickly drop as you step back. We tell them EMF levels can vary depending on the time of day, month or year you take the measurements. We try to explain that the studies are inconclusive."

Blue Ridge Electric also offers regular information in its newsletter. "If a member calls with questions, we may send brochures," Steele said. "But if a member requests a visit, we send someone out to talk about what we know and take measurements. We are very open with people. The more information they have, the less they have to fear."

If you honestly want to make lifestyle changes that will improve your health, the two scientists advise, stop smoking, wear your seat belt, avoid a high-fat diet and shield yourself from sunlight. Studies clearly show that each of those four changes are 100 times more effective than any lifestyle changes associated with EMF, Vandermeer said.

But that doesn't diminish the importance of studying EMF, he added. "You can walk away from cigarette smoke and can protect yourself when out in sunlight. We are exposed to electric and magnetic fields from conception to death. It may be weak exposure, but it is lifelong. If they do affect us, it's a very, very very weak effect compared to tobacco or sunlight. But we can't say where to draw the line and tell people not to worry."

For more information

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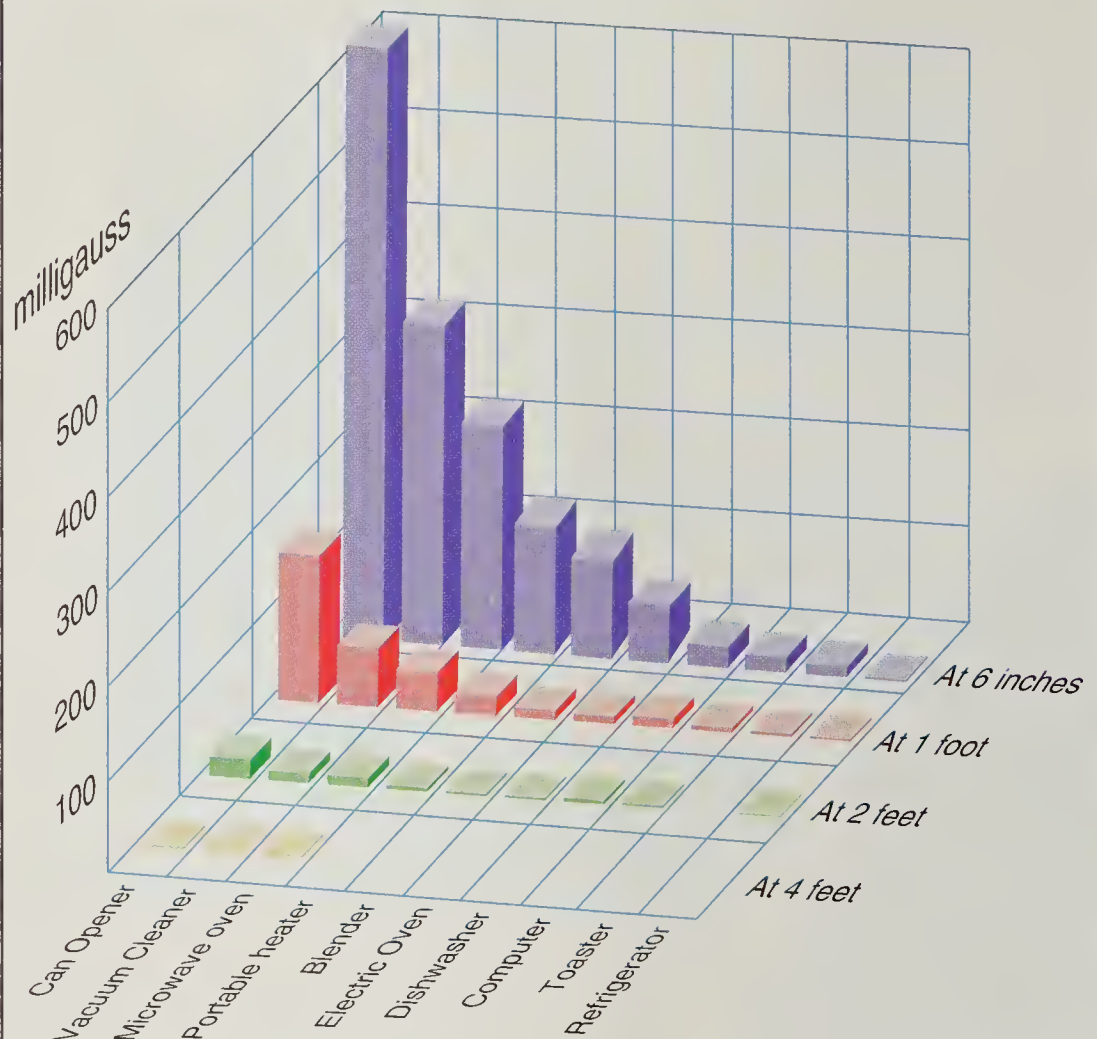
Ask your electric co-op for the brochure "Your Guide to Understanding EMF," or call Jane Pritchard at the Carolina Electric Cooperatives state office (800) 662-8835.

Write the Department of Engineering and Public Policy, Carnegie Mellon University, Pittsburgh, PA 15213 and ask for Dr. Granger Morgan's booklet. It's \$3.50. Written in clear, understandable fashion, the booklet is considered the most thorough investigation of the EMF question.

The EMF Hotline at the U.S. Environmental Protection Agency offers basic information and the booklet "EMF in Your Environment: Magnetic Field Measurements of Everyday Electrical Devices." Call (800) 363-2383.

Appliances and Magnetic Field Strengths

Magnetic fields surrounding appliances vary according to the brand and design of each, as well as how many other appliances are nearby. Field strength can be measured in units called gauss (usually, milligauss). A typical American home has a background magnetic field range of 0.5 mG to 4 mG without appliances. Measurements shown below are the median for common appliances. (Source: U.S. Environmental Protection Agency)



Recent EMF news

Two articles published recently in respected publications conclude that a link between EMF and cancer or other health problems has been exaggerated.

The November 1994 issue of *The Atlantic Monthly* carried an eight-page story, "Fields of Fear," that says, "The big catch is that if EMF have no detrimental biological effect, the absence of an effect will be impossible to prove . . . The best that science can do is to say that the existence of the phenomenon in question is highly unlikely and that the evidence in its favor is poor."

The University of California at Berkeley Wellness Letter ran a two-page story, "Electrophobia: overcoming fears of EMF," that says, "The only consensus among scientists is that more research about the health effects of EMFs should be done . . . But, realistically, the results are likely to continue to be inconsistent and inconclusive. Meanwhile, try to avoid the numbing 'everything causes cancer' mindset, which can distract you from taking steps known to protect your health."

First in a series on the business of electric cooperatives. Next month: the ABC's of telecommunications.

Currituck Beach



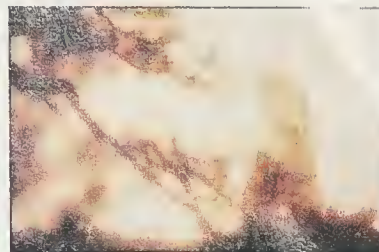
Bodie Island



Cape Hatteras



Cape Lookout

Bald
Head
IslandOcracoke
Island

The Lighthouse Project

North Carolina photographers Todd McLeod and Charles Register recently completed a set of black-and-white, fine art photographs of six famous North Carolina lighthouses. They used modern photographic techniques and materials "to recreate images of the lighthouses reminiscent of how they would have appeared at the height of their splendor in the late 1800s."

The Lighthouse Project photographs are on exhibit at the Stevens Gallery in Raleigh. All six lighthouses are printed on lithograph posters, featuring embossed nameplates and the project logo. They are for sale in frame shops, galleries and

print shops in North Carolina, South Carolina and Virginia.

A portion of the sale of the posters and original Cibachrome prints will be donated toward the preservation of North Carolina lighthouses.

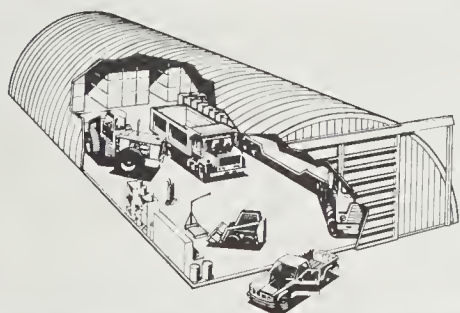
Limited edition, signed and numbered posters cost \$75 each. They measure 18 by 24 inches and are shipped in tubes. Signed, numbered original Cibachrome prints cost \$2,500 for the set of six. Each has an image size of 11 by 14 inches and a white border (overall size of 20 by 24 inches).

For ordering information, contact The Lighthouse Project, P.O. Box 58074, Raleigh, N.C. 27658-8074. (800) 858-8707.

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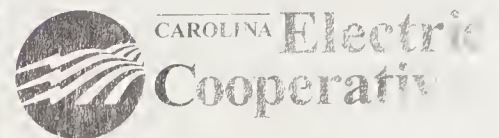
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Biltmore Estate's Winery 72-acre vineyard in Asheville.

Biltmore Estate Winery

Growing Grapes

By Alan Silverman

the state of North Carolina's grape growing industry, a business that 20 years ago seemed dead on the vine.

Bloom and burst

The history of the North Carolina grape industry dates back over 400 years to 1585 when Sir Walter Raleigh's English colonists discovered the wild Scuppernong on Roanoke Island. A 400-year old Scuppernong vine, the "grand dame" of the nation's grape vines, still covers half an acre and continues to spread her tendrils across Tyrrell County. In 1835 the state established its first commercial vineyard, Medoc Vineyard, in Halifax County. By the turn of the century, 25 wineries were in operation, making North Carolina the nation's leading wine producer.

As late as 1973, North Carolina was still one the country's largest producers of grapes. All 2,500 acres of vineyards were geared to serving the muscadine wine market. The mild weather, ample rainfall and good soil produced fruity, sweet grapes such as Carlos, Noble, Nesbitt, Magnolia, and the traditional Scuppernong.

Then in 1974, muscadine prices

Our most aged winery

North Carolina's oldest winery is Duplin Wine Cellars in Rose Hill. The Fussell family started its vineyards in 1972, and its wines went on the market in 1976. The winery buys its Carlos and magnolia muscadine grapes from eastern North Carolina growers and produces about 30,000 gallons of wine per year. Varieties include the popular Magnolia white wine as well as Scuppernong, Carlos, Carolina Red, port, sherry and champagne.

Served by Four County Electric Membership Corporation, Duplin Wine Cellars is located on Highway 117 in Rose Hill, Duplin County. Tours and tasting are offered Monday through Saturday, 9 a.m. to 5 p.m. Beginning in June, the winery will open Friday and Saturday evenings with Big Band-era entertainment and refreshments. Call (910) 289-3888.

It is Saturday, 7:30 a.m. and Larry Somers is walking the family tobacco farm just outside Reidsville. In a corner, just by the highway, the rows of tobacco stop suddenly. What begins at that point are Larry's grape vines.

"About 15 years ago, the handwriting



Ripe vinefera Cabernet wine grapes.

was on the wall about tobacco," says Somers. So in 1991, he cleared out half an acre of tobacco, planted 250 grapevines, and created Lenox Castle Vineyards.

Larry stops by one of the smaller vines and carefully arranges it more securely around the post that holds it up. Then he reaches down and cradles a bunch of small Symphony grapes in his palm. "Not yet," he says to himself, "but soon, very soon."

He could just as well be musing about

began a steady decline. By 1976, wine processors were paying just \$150 per ton, less than half the going rate three years earlier. The average grape grower grossed \$1,000 per acre with \$800-\$900 of that going to maintenance costs. By 1985, there were only about 750 acres of vines.

The industry was dealt another blow on Christmas 1989 when a fluke storm dropped 16 inches of snow in eastern North Carolina, wiping out more than half the vines there. Total acreage today is down to 510, but profits are at an all-time high. North Carolina ranks as the country's 12th largest producer of grapes, harvesting about 1,500 tons annually and bringing in over \$1 million in revenue.

The optimism shared by the state's grape growers is due in large part to the successful introduction of European varieties known as viniferas. Vinifera refers to traditional wine bunch grapes such as Cabernet Sauvignon, Chardonnay, and Riesling that are grown in California and Europe. At home in rocky terrain that resembles their native France, Italy, and Germany, the vinifera have found a second home in the mountains and Piedmont sections of North Carolina.

Although only 150 of the state's 510 acres of grapes are vinifera, they constitute the fastest growing segment of the industry. One reason is high return on investment. Viniferas command as much as \$1,800 a ton. So while yields are lower, about 3-4 tons per acre, overall profits hover around \$3,600 an acre. Tobacco, by comparison, is worth an estimated \$3,200 an acre and remains the state's number one cash crop.

But getting into the vinifera business is expensive. The cost to put a single acre of vinifera vines into production is estimated at \$8,000, compared to \$3,000 for an acre of muscadines. Once established, the vines take 3-5 years before they yield a crop large enough to bring to market. "It's not like tobacco, where you get something back the first year you plant," says Jeff Morton, Horticulture Crops Program administrator with the N.C. Department of Agriculture. Not surprisingly then, the majority of the state's vinifera entrepreneurs begin with substantial bankrolls. Even so, they are cautious about their investment, starting with 2-3 acre plots. "You simply can't afford to do trial-and-error on a large scale," Morton says.

Vineyards, wineries, and fresh fruit

In an effort to keep as much profit inside as possible, many grape growers either have or plan to establish wineries alongside their vineyards. Currently, eight wineries bottle about 160,000 cases of state-produced wine each year. Not surprisingly, the two largest—the 72.8-acre Biltmore Estate Winery in Asheville and the 40-acre Westbend Winery outside Winston-Salem—also maintain the largest vineyards. These two are joined by half a dozen others that range from the 1/3-acre vineyard at the Teensy Winery in Rutherfordton to the 7-acre spread maintained at the Germanton Vineyard & Winery in Germanton.

The potential for profit has sparked the interest of more than 50 would-be growers and vintners who have banded together to form the North Carolina Wine Growers Association. One of them is 30-year Scott Arnold of Clemmons, who

has given up his job as a landscape designer to concentrate on his new venture, Glaetli Vineyards. The vineyard, still in the planning stages, will consist of about 40 acres of Chardonnay, Riesling, and Cabernet Sauvignon grapes, making it one of the state's biggest. Arnold plans to market to commercial wineries in North Carolina and Virginia. By going against conventional wisdom and starting big, he hopes to cash in on the trend toward fine wine. "I talked to one grower in Virginia who planted 50 acres from the start," Arnold says. "Within five years, he was grossing a million dollars."

The state's muscadine industry is also on the upswing. The native North Carolina grape has found new life as a packaged fresh fruit sold through grocery stores, roadside stands and farmers markets. Statewide, muscadines fetch an average of 60 cents a pound which translates into \$7,200 an acre. While there are additional packaging, wholesaling and distribution costs involved in selling this way, the profit margins are still higher, prompting more growers to switch to producing fresh fruit. "They sell as much fresh fruit as they can and then sell

off the remainder to the winery," says Worth Jones, owner of Birch Creek Vineyard in Guilford County. Jones, who established his tiny one-acre vineyard in 1980, gets \$1.25 per quart at curbside markets and \$2 per quart through the farmer's markets. About 40 percent of all muscadines raised in the state are now sold as fresh fruit. Four years ago, less than 20 percent of the crop was sold that way.

But if North Carolina hopes to compete with states like Georgia, the nation's leader in selling packaged muscadines, it will take more than simply changing markets. When it comes to selling muscadines as fresh fruit, "size sells," Jeff Morton says. That puts the smaller North Carolina muscadines at a distinct disadvantage and has held up the growth of the industry. "I think the muscadine acreage will stay where it is until better fresh fruit varieties are more available," Morton says.

Back in Reidsville, Larry Somers is preparing to increase the tiny foothold his grapes have on the family's tobacco farm. This spring he'll plant another 150 vines, mostly Syrah and Cabernet Sauvignon. His expansion is part of a one-man crusade Larry has been waging to let farmers know there is an alternative to the dying tobacco market.

"Farmers change very slowly," Somers says. "Tobacco will have to outlawed before they really take this seriously."

But according to Morton and those in the industry, things are changing. "I think we can expect to see at least another two wineries opening up within the next two years," he says. "We're not going to go from 510 acres back to 2,500 overnight." But for a business that had all but soured a few years ago, it is a very promising start.

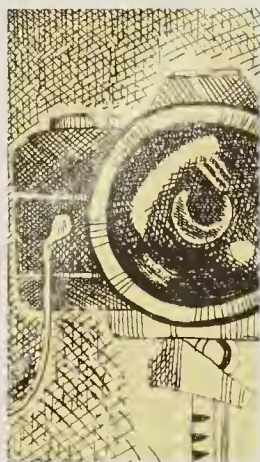
For more information

The N.C. Department of Agriculture's program administrator for horticultural crops is Jeff Morton and the horticultural marketing specialist is Ronald Fish. Both are at (919)733-7136.

The N.C. Grape Council can be reached at P.O. Box 5227, Raleigh, N.C. 27612. (919) 787-5773.



Muscadine grapes grown by Cliff Bannerman of Pender County.



**North Carolina
news you can
use.**



Free guide on planting trees

The National Arbor Day Foundation offers a free guide to spring planting of trees on farms. "Conservation Trees for Your Farm, Family and Future" explains 12 productive uses of trees and includes photographs and illustrations to aid in planting.

For a copy of the guide, send your name and address to Conservation Trees, National Arbor Day Foundation, Nebraska City, NE 68410.

"The Battle of New Bern"

The New Bern Historical Society has published "The Battle of New Bern and Related Sites in Craven County, N.C., 1861-1865." Written by Richard Sauers, with assistance from Will Gorges, the book is the first in-depth look at the Civil War battle. Proceeds from the sale of the book will benefit the society's battlefield preservation project. It is available by mail for \$12.60 postpaid from New Bern Historical Society, P.O. Box 119, New Bern, N.C. 28563. Phone: (919) 638-8558.

Tour the Scenic Byways

The N.C. Department of Transportation has designated 31 highway routes as "Scenic Byways." Many of the tours cover areas served by North Carolina's electric cooperatives.

The routes vary in length from 3 to 173 miles and include mountain roads, ferry rides and excursions to historic sites. "The routes were carefully selected to embody the diverse beauty and culture of the Tar Heel State and provide travelers with a safe and interesting alternate route," according to the DOT's Roadside Environmental Unit's brochure.

Routes have been marked with N.C. Scenic Byway signs that indicate their beginning and end.

A 92-page booklet gives travel direc-

tions, historical anecdotes and tips for scenic side trips. For more information, contact N.C. Scenic Byways Program, Roadside Environmental Unit, Department of Transportation, P.O. Box 25201, Raleigh, N.C. 27611. Phone: (919) 733-2920.

Tar Heel Fantasy Basketball Camp

The first Tar Heel Fantasy Basketball Camp is scheduled for June 8-11 at the University of North Carolina at Chapel Hill.

Open to men and women over age 21, the camp offers fans a chance to spend four days of instruction, games and social events with former UNC basketball players. The ex-players include Booby Jones ('74), Charlie Scott ('70) and Jeff Lebo ('89). More are expected to appear.

The camp is organized with the cooperation of the UNC General Alumni Association. For more information, contact MAC Sports Productions at (800) 449-4667.

Raleigh ergonomics center opens

The North Carolina Ergonomics Resource Center that recently opened at N.C. State University's College of Engineering is set up to help businesses address problems related to repetitive motion disorders.

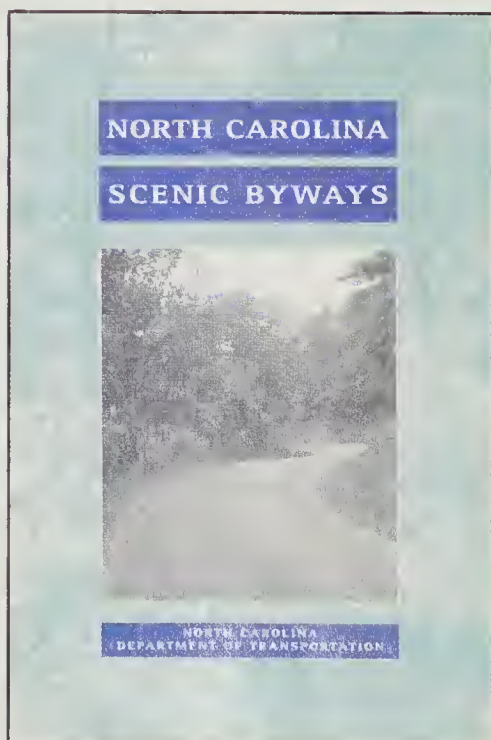
Endorsed by the state Department of Labor, the ergonomics center offers in-plant assistance, phone-in consultations, audits, education and training.

State Labor Commissioner Harry E. Payne Jr. reported recently that ergonomics-related disorders in North Carolina have grown by more than 2,000 percent in the past nine years, with an average of 7,000 cases now reported in a year. He said cases are increasing because of a larger population of older workers and increasing computer usage.

Payne said industries showing interest in the early stages of the center included nursing homes, pulpwood manufacturers, poultry and meat processors, apparel and textile companies and public agencies.

The center's director is Mahmoud Ayoub, an N.C. State professor for 23 years and an ergonomics expert.

For information about services, contact Angela S. Waldorf, assistant deputy commissioner of Occupational Safety and Health at the Department of Labor, (800) 522-6762.



January events around the state

New River art

An art exhibit showing paintings of the New River is on display at The Gallery of the Ashe Arts Center in Jefferson through January. Shown is a series of large canvases by Felicity Mahler. Entitled "New River Like It Is," the exhibit is sponsored by the Ashe County Arts Council. For more information contact the council at (910) 246-ARTS.

"Forever Plaid"

The off-Broadway hit musical "Forever Plaid" will be performed at the Stevens Center of the North Carolina School of the Arts in Winston-Salem on Saturday, Jan. 14 at 8 p.m. Tickets are \$24 for adults, \$22 for students and seniors. The show focuses on a close-harmony quartet in the days just before the Beatles became popular. Contact the Stevens Center at (910) 721-1945.

Orchids on display

Orchids will be on display and for sale at the Triad Orchid Show in the Natural Science Center on Jan. 27-29. For information, contact the Greensboro Area Convention & Visitors Bureau at (800) 344-2282.

Dutch and Flemish art

The North Carolina Museum of Art hosts an exhibition of drawings from the collection of H.M. Queen Elizabeth II featuring a selection of Dutch and Flemish drawings and watercolors from the 15th through the 19th centuries. The show runs Jan. 28-April 16 at the museum in Raleigh. For more information, call (919) 833-1935.

Deadlines

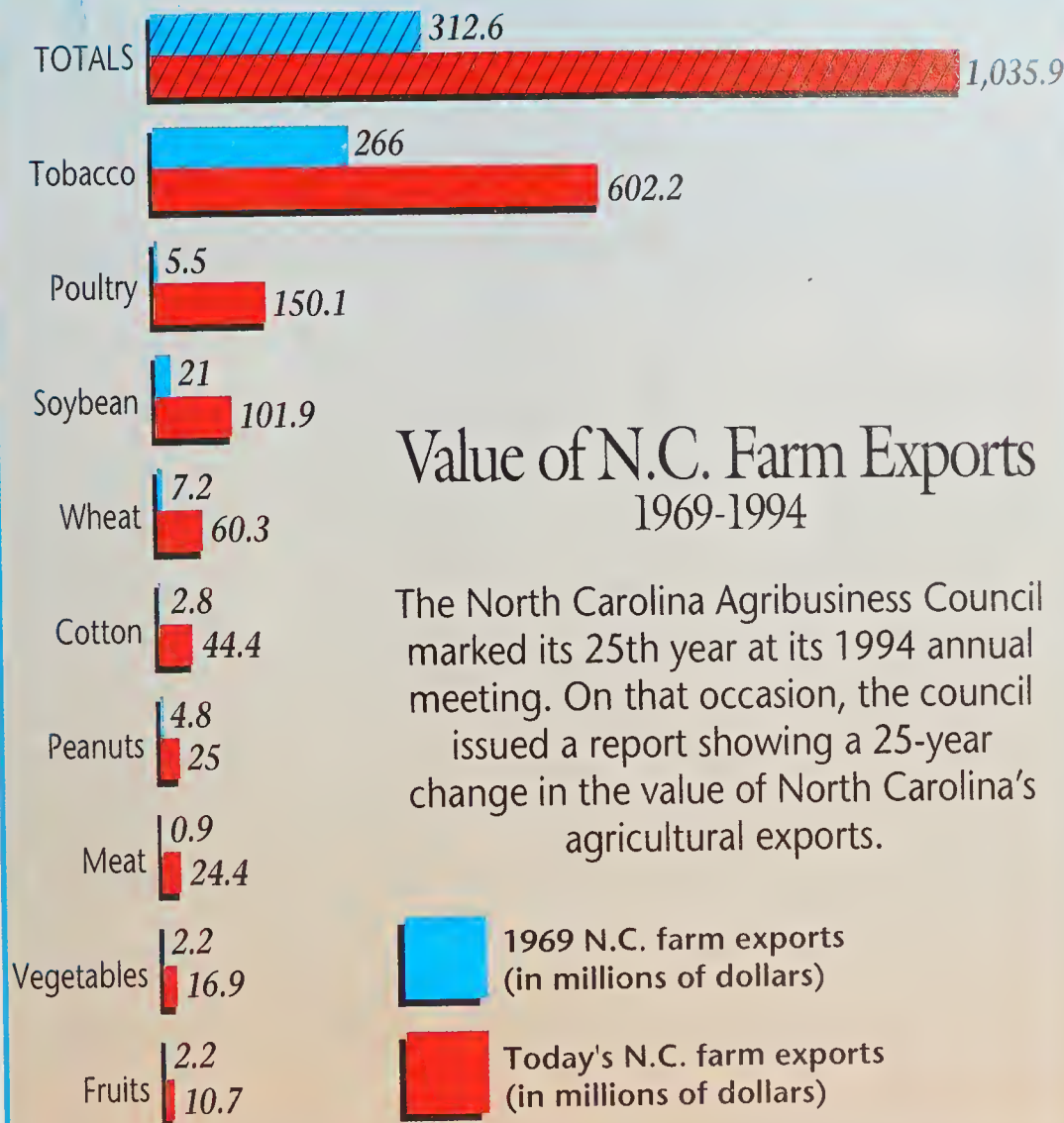
Deadlines for submitting notices to "Here, There and Everywhere."

March issueJanuary 25

April issueFebruary 25

May issueMarch 25

We welcome photos and illustrations of coming events. Send notices to Calendar, Carolina Country, P.O. Box 27306, Raleigh N.C. 27611.



Value of N.C. Farm Exports 1969-1994

The North Carolina Agribusiness Council marked its 25th year at its 1994 annual meeting. On that occasion, the council issued a report showing a 25-year change in the value of North Carolina's agricultural exports.

1969 N.C. farm exports
(in millions of dollars)

Today's N.C. farm exports
(in millions of dollars)

Graphic by Katherine Fowler

Book shines light on McDowell County cemeteries

Four citizens of McDowell County have compiled their research on people buried in the county's old cemeteries in a publication entitled "McDowell County Cemeteries, Volume 1."

The 260-page, indexed volume contains over 7,000 entries, including vital records of some slaves.

Peggy Silvers, a member of Rutherford Electric Membership Corporation, said "these old cemeteries are disappearing at an alarming rate." The citizens worked two years to record the inscriptions reprinted in the book. She noted that many people passed through McDowell County on their way west, so that families from eastern North Carolina, Virginia and Maryland have descendants who settled in the county or were buried there.

Copies cost \$28.50 postpaid, plus 6 percent sales tax for North Carolina residents, and are available from

Appalachian Press, Rt. 1, Box 796, Nebo, N.C. 28761. Phone: (704) 652-5377 or (704) 756-4399.

Film entries wanted

Filmmakers and videographers are invited to submit entries to the 1995 Charlotte Film and Video Festival, a major independent festival in the Southeast. Last year, more than \$7,000 was awarded to filmmakers whose work was screened during the May festival.

This year's jurors are Barbara Hammer (director of "Nitrate Kisses") and Mindy Farber of The Video Data Bank (director of "Delerium"). There will be six screening sites in Charlotte.

Entries may be submitted in 35mm and 16mm film, 3/4-inch and VHS videotape and CD-ROM. The entry fee is \$30 excluding return postage. Deadline is Feb. 15.

For more information, contact Robert West at Mint Museum of Art, (704) 337-2019.



“Winter at The Homestead”

By Raymond Reid

The watercolor by Raymond Reid honors The Homestead, one of the most outstanding and oldest houses in Lexington.

Built in 1834 by Dr. and Mrs. William Rainey Holt in the Greek Revival style, the house was occupied continuously by their descendants through 1982 when it was purchased through the Historic Preservation Foundation of North Carolina by Richard Barentine. Terms of the purchase guarantee that the house will be maintained in its original appearance through successive owners. The house is listed on the National Register of Historic Places. Mr. Barentine, executive director of The International Home Furnishings Market in High Point, also has a home in Blowing Rock and is a member of Blue Ridge Electric Membership Corporation.

Proceeds from the sale of prints of the painting go to The Homestead Endowment for restoration and perpetual care of the building's facade and grounds.

Raymond Reid's art is included in the collections of Nations-Bank, RJR Nabisco and The Bowman Gray School of Medicine. A resident of Kernersville, he and his wife own R.L. Reid & Company in Greensboro. He has served as president of the Wilkes Art Guild and The Associated Artists of Winston-Salem.

Prints of “Winter at The Homestead” are an image measuring 10½ by 14¼ inches on rag stock measuring 15½ by 20 inches. Signed and numbered prints cost \$75, and artist's proofs are \$135 each. Add \$7.50 for shipping and handling (N.C. residents also add 6 percent sale tax). Checks are payable to Historical Reproductions, c/o R.L. Reid & Co., 500D State St., Greensboro, N.C. 27405. (910) 379-0282.

News of the Cooperatives



**Community
action and
safety
accreditations.**

"Give Us an A"

Wake Electric Membership Corporation will give 20 students in its service area a \$50 U.S. Savings Bond for earning A's in their schoolwork this academic year.

The "Give Us an A" program encourages students from grade one through college to submit to the co-op a copy of their report card that shows they earned an A or its equivalent. The co-op conducts four drawings and selects five winners randomly at each drawing. At the first drawing Oct. 31, winners were chosen from 120 submissions. Students who miss a submission date are automatically entered in the next drawing.

To be eligible, students must be a Wake EMC member child or live in a home served by Wake EMC. Wake serves more than 16,500 accounts in Wake, Durham, Granville, Vance, Franklin, Johnston and Nash counties. Entrants submit student's and parents' names, address, phone number and Wake EMC account number.

Two more drawings are scheduled: March 31 and June 23.

For more information, call Matt Vernon at (800) 474-6300, ext. 6315.

"If you build it..."

In the movie "Field of Dreams," actor Kevin Costner said, "If you build it, they will come." People in the Tabor City area are taking the same approach.

Brunswick Electric Membership Corporation is one of several parties involved in constructing a 24,000 square-foot building designed to attract business to the new Tabor City Industrial Park in western Columbus County. Construction of the "shell building" began on a 7-acre lot in December.

Brunswick EMC also was involved in obtaining the site for the 19-acre Tabor City industrial park. Others involved were the Columbus County Economic Development Commission, the Tabor City Committee of 100, state Sen. R.C. Soles Jr. and Tabor City government. The town of Tabor City is developing the park's infrastructure. The building and park are located adjacent to Highway

904 near Highway 76, approximately 35 minutes from Interstate 95.

An important enticement for a business to occupy the new building is BEMC's interruptible power rate. It is a discounted rate offered to commercial and industrial consumers willing to curtail power usage during BEMC's peak demand periods. The business can operate during off-peak periods or use an on-site back-up generator for power during peak times. The payback period for generators is generally reasonable, and BEMC offers financing options for such equipment.

For more information, contact Chip Leavitt, assistant general manager at BEMC, (910) 754-4391.

Keeping churches warm

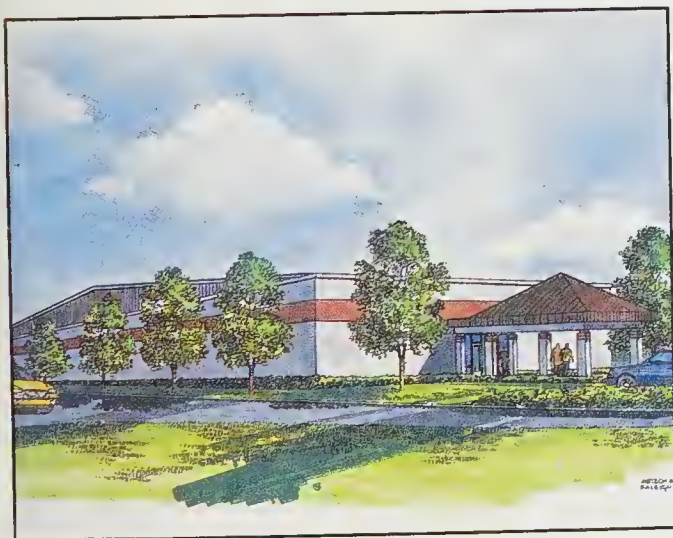
Davidson Electric Membership Corporation in Lexington assisted in a massive weatherization project in October that made energy efficiency improvements at 25 local Methodist churches.

The project has been organized for nine years by SunShares, the N.C. Alternative Energy Corporation and the Duke Endowment, who estimate that churches on average save about 20 percent on their heating and cooling bills by making the improvements. Energy surveys for the churches had been completed during the summer, and the weatherization materials purchased through assistance of the endowment and Lowe's stores. Davidson EMC performed rate analyses on the buildings and allowed volunteers to use its loading dock to distribute bulk materials. About 1,700 people volunteered to work at the churches.

Safety programs recredited

Four electric cooperatives recently earned reaccreditation for their safety programs. To be reaccredited, the co-op must meet stringent national safety standards, promote safety among its staff and achieve outstanding work safety records.

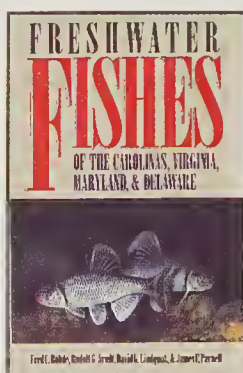
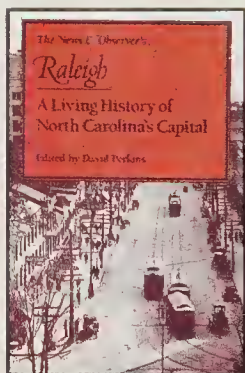
Those reaccredited recently were: Crescent EMC, Statesville, for the fifth time; Rutherford EMC, Forest City, for the fifth time; Tideland EMC, Pantego for the seventh time; and South River EMC for the eighth time.



Architect's drawing of the Tabor City industrial building.

Books

by Peggy Howe



The News & Observer's Raleigh: A Living History of North Carolina's Capital

Edited by David Perkins, 202 pages

With this book, those who claim "old Raleigh" status can reminisce as they peruse the pages; those who arrived later will enjoy a few tidbits of the lives of those who made the news interesting in previous years.

News and Observer book editor David Perkins retells Raleigh's history as seen by N&O reporters past and present and by contemporary observers through letters, diaries, oral histories and other written accounts. Perkins combines text with photos and illustrations from N&O files and state and university archives.

The volume recounts key events of the city's history from the choosing of 1,000 acres for the state's first permanent capital to the arrival of Sherman's army, from the founding of N. C. State University to the growth of RDU International Airport.

Available in hardcover for \$22.95 in bookstores or from John F. Blair, 1406 Plaza Drive, Winston-Salem, N. C. 27103; (800) 222-9796.

Freshwater Fishes of the Carolinas, Virginia, Maryland and Delaware

Fred C. Rohde, Rudolf G. Arndt, David C. Lindquist and James F. Parnell, 222 pages

More than 260 species of freshwater fish inhabit the Mid-Atlantic region, with habitats as diverse as alpine forests and subtropical swamps. Except for the important sport and commercial fishes, few are known to the average person. With more than 200 color photographs, "Freshwater Fishes of the Carolinas, Virginia, Maryland and Delaware" provides extensive information on those native to the region.

Offering detailed descriptions of each species, the book includes notes on distribution and abundance, habitat and natural history. It tells where and how to catch each, how to observe and photograph and even maintain fish in captivity. Range maps are included.

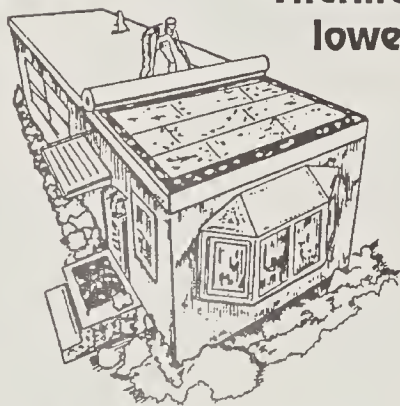
Available for \$29.95 (hardcover) in bookstores or from the University of North Carolina Press, P.O. Box 2288, Chapel Hill, N.C. 27515-2288; (800) 848-6224.

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Keep those letters coming.

Keep that magazine coming

I always read your magazine that comes to the place where I work. I am planning to retire in the near future and I want to receive the magazine. It is the most informative magazine I have ever had the privilege to read. It has all sorts of information for the home. I am enclosing a check for \$4.

Betty Copley
Lexington

She's gotta have it

Your magazine is really delightful. I've enjoyed my mother's for several months. I've decided I must have my own subscription.

Wanda B. West
Elkin

We have processed subscriptions for Betty Copley and Wanda West. Beginning Jan. 1, 1995, a one-year subscription (12 issues) will cost \$6 for people who are not members of a North Carolina electric cooperative. We appreciate the opportunity to extend our coverage of North Carolina and electric cooperative issues to anyone who is interested.

Blue Ridge Electric and chili are winners

My family has been a member of Blue Ridge Electric in Watauga County (Blowing Rock) since 1945. We've always been satisfied with the service. The people who work for Blue Ridge Electric are great, always willing to go that extra mile to assure the customer is completely satisfied.

Just wanted you to know that we made the "Electric 4-alarm Chili" recipe [back cover, December 1994] for a church supper, and it won first place for the best-tasting, hottest chili. Many people asked for the recipe, and they were told it came from your publication. Thanks, and keep those recipes coming.

We enjoy Carolina Country. It always has so many interesting articles for the entire family.

George E. Holt Jr.
Durham

Friend for life

I especially enjoyed the hospice article in the October 1994 issue. "Friends for Life" so well explained the hospice philosophy. I am a hospice volunteer, and I'd like another copy of this issue to share with the local hospice folks.

Walenah Q. Outlaw
Kinston

Crescent Electric really cares

Recently we had some problems with our hot water tank. Being on the Load Management program, we called our Crescent Electric co-op here in Statesville. In no time they had service persons at my home to check out the problem. Even though we found it not to be an electrical problem (it was a plumbing problem), they were really concerned.

All the people at Crescent Electric were so wonderful and so courteous — from the manager of the Load Management service, the dispatcher, and the service technicians. I just cannot thank them enough. They even called later to ask if we had the problem repaired. They cared enough to ask if they could do anything more. It is heartwarming to know we still have people and companies who really care.

Anthony Raspanti
Statesville

Stalking the American chestnut

I read in Carolina Country about an American Chestnut research project that is developing a blight-resistant strain of these trees. Do you have more information about that project?

Recently I saw a 4- or 5-inch diameter tree at Blowing Rock that may be an American chestnut. The researchers might like to know about it. In the forests of eastern Pennsylvania, New York and northern New Jersey one can see American chestnut "shrubs" that still come up from old roots. But the blight hits them when they get 6- to 8-feet tall. The tree at Blowing Rock may be a valuable specimen.

Henry S. Thomassen
West End

The American Chestnut Foundation maintains a research farm and program. Contact American Chestnut Foundation, P.O. Box 6057, West Virginia University, Morgantown, W.Va. 26506.

Also, the newly formed American Chestnut Consortium (633A Covington Rd., Laurel Springs, N.C. 28644) is attempting to restore the tree. The consortium is composed of national, state and private agencies and last year produced seeds from a native, 40-foot tree in a stand of other new-growth chestnut trees in Alleghany County.

Satisfied in Ashe County

I would like to take a moment to let you know how much I enjoy Carolina Country, especially "Country Kitchen." I try out most of the recipes that are sent in. I would also like to say we are very blessed here in Ashe County with having a very caring electric company such as Blue Ridge Electric. During the winter months, they work especially hard for us and they deserve a lot of praise.

Anna Ray
West Jefferson

What Do You Think?

Send us a letter or a fax about our articles or the good work of your electric cooperative. We will publish what space allows. Messages should be brief and must include your name and telephone number (for our verification only). All are subject to editing. Our address is Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611. The fax number is (919) 878-3970.

Joyner's Corner

by Charles Joyner



Two too true stories.

Buzz Off

A friend of ours, his patience sorely tried by telephone solicitors calling at mealtime to sell (all in one week) stock in a gas well, a campaign contribution to Oliver North, a cemetery lot (never used), and a carpet cleaning service whose price was going up the next day, has joined the growing list of people with answering machines.

His message is delivered in dulcet tones, but the meaning is clear: "You have reached the residence of John and Marsha," he says. "If you would like to speak with Marsha, press ONE. If you would like to speak with John, press



TWO. If you don't know either one of us from Adam's off ox, buzz OFF and press ON to the next number on your list – and have a nice day!

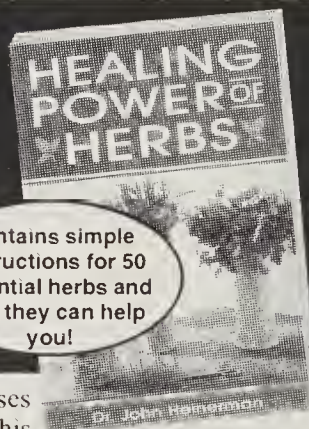
"If you would like to leave a message, please wait for the beep."

"Our friends leave messages," John says, "and we are having nice days."

Instructions for IRS FORM 8582, 1993 (Passive Activity Loss Limitations)

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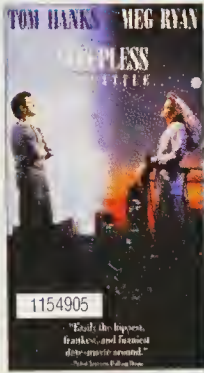
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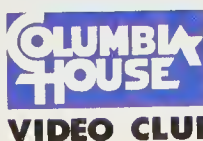
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Hank's Gardening Guide

by Hank Smith



This is the midway month for planting and transplanting trees and shrubs.

The car and the shrub

On cold mornings when shrubs are frozen, try not to let your car's warm exhaust blow into nearby frozen shrubs. What happens is an alternating thawing and freezing that can damage or kill shrubbery near the driveway. It's safer to back the car away from shrub plantings while the engine warms.

January advice

During this period of unpredictable weather, outdoor garden work must be limited to mild days between cold snaps. During temperate days, prune summer-flowering shrubs, check plantings to be certain they receive plenty of water, and rid your garden of plant litter. Inspect your garden tools and accessories for repairs that might be needed.

Dormant spraying

Dormant sprays prevent many spring and summer problems by killing insects and insect eggs, particularly those of scales and spider mites, that stay over the winter. Such sprays destroy the spores of fungus diseases, such as shot-hole fungus and peach leaf curl, as well as many pests of ornamental shrubs. Among plants that benefit from dormant sprays are roses, berried plants that bear canes, and such fruit and nut trees as peach, pear, apple, plum and pecan.

It is acceptable to use oil sprays in winter; they sometimes will "burn" plants if applied in the heat of summer.

Still time to plant camellias

Although autumn planting of camellias is preferred by many specialists, you can expect good results planting these shrubs when they are in bloom. This assures that you'll get the desired colors and varieties that you may not recognize by the nametag on the plant. During the next few weeks visit a nursery to see numerous varieties on the sales lot. You can make comparisons and choose plants that exactly fit your landscape needs.

Protect bare-root trees and shrubs

If you've ordered bare-root shade trees, fruit trees or shrubs and they arrive when it is inconvenient to set them out, you can wait several weeks before planting if you heel-in the plants for root protection.

Dig a shallow trench about 6 to 8 inches deep; line it with pine needles or hay. Place roots of plants on top of straw in the trench.

Cover roots with soil and sprinkle lightly with water. Then cover entire plant with more hay or pine needles. This covering will protect plants from cold and keep them in good condition until they are planted in their permanent location.

Should planting need be delayed only two or three days, place roots in a bucket of water. Place bucket in location where water will not freeze.

Watch the weather predictions for your area. Defer planting until temperature is above 40 degrees.

Keep it simple

A common mistake in landscape planning and planting is to have too great a collection of different kinds of plants. Repetition of plant types is desirable to lend harmony and unity to the entire area.

Group plant materials and avoid scattered plants and beds. Maintenance will be easier. Unity is more easily achieved if you use a minimum number of different plant species in a landscape design. A collection of many different shapes, sizes, leaf textures and colors can be confusing.

If you like "one of each" that grows in your area, consider establishing a screen or background planting to contain the collection of plants.

Avoid crowding evergreens

If you're planting Arborvitae, Leyland cypress, red cedar or large-growing junipers, place them where they'll have ample room to grow and develop. You can shear these plants to control their shape and height, but they are difficult to prune successfully. They take so long to produce new growth to cover nub scars. Such plants are better placed in the background as in screen plantings and to define property lines.



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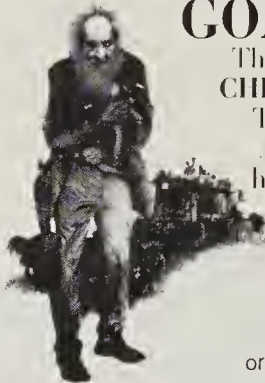
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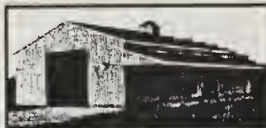
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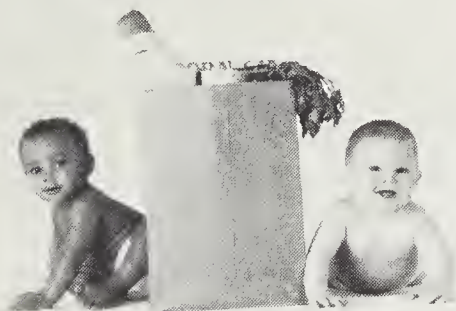
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New Year's Inspiration

Here are a few words of inspiration that may help you get your New Year off to a good start. I saw the item in the December 1993 edition of Kentucky Living, the statewide rural electric publication for the Bluegrass State. It was submitted by Kenneth Chafin of Louisville:

*Let there be a celebration of life,
the building of relationships,
and the nurturing of others.*

*Let there be strolls in the woods,
quiet mornings on the pond,
afternoon naps in the porch swing,
poking around country roads,
leisurely meals with friends,
chickadees fed and zinnias grown.*

*Let there come to me
a quietness of soul,
a relaxed body, an alert mind,
a gentle touch, an inner peace,
and an integrity of being.*

Readers react: virtues vs. traits

Recent columns prompted readers in Surry and Wayne counties to write, offering their perspectives on some of the themes we've explored in this space.

Alice Archambault of Dudley and Mary Columbine of Rt. 1, Westfield in Surry County both reacted to issues raised in the two-part treatment of Wake County Schools' character education program and William Bennett's "The Book of Virtues."

Mrs. Archambault, a member of Tri-County Electric Membership Corporation, said she "would strongly disagree" with my comment about the title of Bennett's best seller. I had pointed out that the book and the school system were both examining character traits (courage, self-discipline, responsibility, etc.) but only the schools used that term to described them. I suggested that Bennett and his publisher called them virtues to boost the book's sales potential.

Mrs. Archambault said, "I'd bet dollars to doughnuts that Wake County chose the word *traits* to be Politically Correct. *Virtues* defines them all much more accurately."

Mary Columbine, a member of Surry-Yadkin EMC, said she believes all the traits mentioned "are worthy goals." However, she took exception to the schools' treatment of respect, which was defined in part as follows: "Showing high regard for authority, for other people, for self, for property and for country."

Having high regard for self, she said, is "contrary to biblical teachings."

Mrs. Columbine said she believes today's students would benefit from biblical teachings that are not allowed in public schools.

"I am 62 years old and when I went to school the Ten Commandments were displayed on the classroom wall. The teacher never drew our attention to them but I was aware of them and I was influenced by them in my behavior."

Also writing us from Surry County was Betty Davenport Tesh of Rt. 2, State Road, another Surry-Yadkin EMC member, who was struck by a reference to my hometown of Plymouth. That's her hometown, too, but she never realized we had that common bond until she read the September column about the town's stores routinely closing on Wednesday afternoons when I

was a kid.

She said the column "set in motion a cavalcade of memories" about the town and she was once again a child running in the blue mist of the mosquito 'fogging machine' on a summer evening "in a town that used to be Plymouth."

It "used to be," she said, because that Plymouth is gone—as she discovered when she took her two daughters back for a visit about five years ago.

Here's how she described the experience:

"Come girls," I said, "and I will show you my old high school, where Irma Hough taught me grammar in the time-honored way of having us do every exercise in the book, where Coach Foster was every ninth grade girl's heart-throb, and lunches were 20 cents. Where there was a smoking tree out back and nice, tall steps for lunchtime rendezvous, a band director

named Bernie Ham, a library wall in the back of a classroom, and a stage with two windows in the back wall!" But the high school was gone.

"Come girls," I said, "and I will show you downtown with a main street like Broadway when Christmas lights are strung from one end to another and lots of stores with owners propped up against door jambs, speaking to everyone who walks by. I will show you a bright Belk's across the City Hall and a Coca-Cola plant where in summer you can see a constant parade of sea-green bottles filling up with that sweet mahogany-red syrup." But downtown was still and quiet, like a park. We didn't see anyone walking at all.

Mrs. Tesh said she realizes that the reality wasn't as rosy as she described it. She remembers sad and unhappy times, too. But she adds: "All in all, those WERE the days, weren't they?"

As a caring parent, she said, she kept her daughters up late "to watch men land on the moon," said a firm "NO!" to \$100 tennis shoes, and fervently hoped they had the courage to say "NO!" to drugs and the poor choices that surround them. Now, the daughters say they're grateful for what they've had.

"But," Mrs. Tesh adds, "when I talk about Plymouth, and growing up in the 1950s, they look a little sad, and I think they would have given up their Gameboys and cable and wearing jeans anywhere for some of the innocence of those days."



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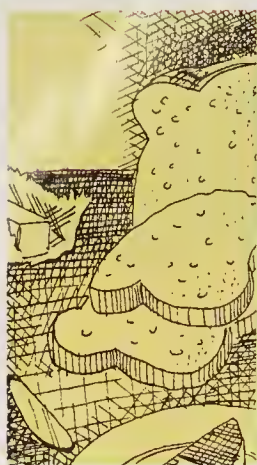
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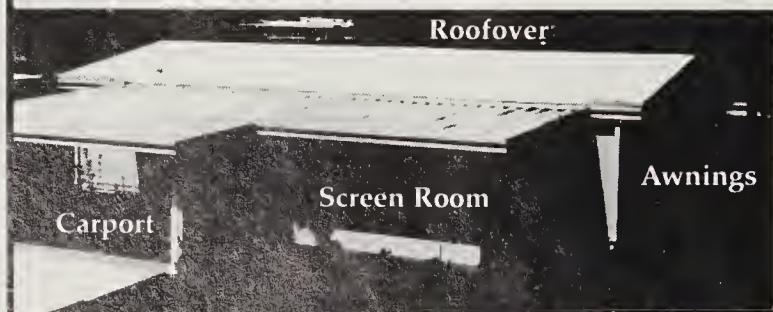
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